CheckRig
professional

CHECKMATE
SAFETY

PBH5 User Manual

PBH5 Riggers Harness

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PBH5 Riggers Harness

Introduction to PBH5 & Scope of Use

Section 1.0

CheckRig PBH5 Riggers Harness
The CheckRig PBH5 riggers harness has been designed for your safety, and will provide comprehensive protection whatever your situation. The PBH5 is designed to support the body and distribute the forces both in suspended work, and for fall arrest, to prevent serious injury and keep the worker in a safe position ready for rescue in the event of a fall.
This harness must only be used in conjunction with an energy absorber or load limiting device. Max impact force 6kN. Max all up weight 100kg. Recommended anchorage strength 15kN.

Fall Arrest:
Certified Fall Arrest points are clearly marked with an A. The Rear "D" should always be your primary anchorage, although Front "D" connection is permitted for fall arrest it is primarily for work positioning and close connections, such as ladder climbing and rescue.

Work Positioning:
Side D's are for work positioning only, and not fall arrest.

Suspension:
The front suspension "D" is to be used for suspended work and when used as a sit harness.

If in doubt please clarify application with Checkmate Technical Support.

- Shoulder Adjustment
- Rear Fall Arrest "D" (not visible)
- Shoulder Straps
- Front Fall Arrest "D"
- Click Lock Buckle
- Front Suspension "D"
- Waist Belt
- Work Positioning Side D
- Leg Loops
- Leg Adjuster

Storage

Storage in a central protected location allows assurance of inspection on issue and return.

This harness should be stored in a clean dry place where it can be protected from damage by chemical attack, sharp objects, heat and direct sunlight. It should be stored with its instructions and record card at all times.

After use return to the store, never leave a harness lying around site.

Issue

This and associated equipment must be visually inspected by a competent person when initially delivered to site, there after the product must be inspected before and after use. A record card is printed on the reverse of this manual and should be updated after each routine inspection. Follow the points laid down in the section headed "Inspection" without deviation.

Persons should be issued with their own harness for the duration of any working day. It becomes their responsibility to ensure that that harness is inspected before and cared for during use. Any problems or faults must be reported back to the supervisor immediately and before any use.

The supervisor must ensure that the equipment is being used correctly by a trained and competant person, who is aware of its safe use and inspection. Additionally the supervisor must ensure that there are suitable and accessible anchorages in the working environment to allow safe tie off.

Inspection

Never tamper with or attempt to service this unit, device(s) must be returned to the manufacturer or their appointed agent for all maintenance.

Webbing - Ensure that the webbing is free from Cuts, Abrasion, Wear and Tears. Special attention should be given to the webbing under each and every buckle for rubbing and general deterioration. Check that the weave of the webbing is even and shows no sign of distortion or "necking" resulting from loading.

Buckles-Check for damage, distortion. Surface coating should be clean and show no sign of corrosion.

Sewing-Look for loose or damaged threads and uneven stitch pattern.

If any feature shows cause for concern remove the unit from service immediately, mark the harness as unserviceable and return to the supervisor.

Environmental Hazards.

This product is manufactured from Polyester throughout and is therefore susceptible to wear, abrasion, cuts, melting and chemical attack. Always inspect the full length of the webbing before and after use. In environments where acids, alkalies, phenolic compounds, and heat are present special care should be taken when inspecting the integrity of the webbing.

Cleaning Equipment

Clean equipment regularly with a mild detergent and water, and allow to dry naturally. A clean harness is easier to inspect and this care will increase the life of the product.

Donning

Section 3.0

Hold harness up by shoulder straps and check webbing is not twisted loosen leg and waist belts if necessary to ease donning

Unfasten front click lock buckle, and lay shoulder straps behind waistbelt

Step through waistbelt and leg loops

Pull harness up over waist, and tighten waistbelt and leg loops

Pull shoulder straps over your head, ensuring the rear strap and shoulder straps are not twisted

Fasten the front click lock buckle

Adjust all webbing so that the harness fits comfortably without restricting free movement or pinching.

Adjust dorsal so that it is between shoulder blades and with in reach. A rear dorsal that is too high or too low will cause the body to take an undesirable position during a fall arrest situation

Before first use as a sit harness, carry out a suspension test in a safe place to ensure the sit harness is the correct size, has sufficient adjustment, is adjusted correctly, and is of an acceptable comfort level for the user.

Quality,Legislation & Exclusions

Section 4.0

4.1 Quality

All Checkmate products are manufactured under ISO 9001:2000 and to the highest standards. The scope of use within the certification held allows Checkmate to design,manufacture and test Personal Protection Equipment.

Horizontal tensile test machines, abrasion testers and dynamic drop test rig are just part of the full range of test facilities used to ensure ultimate safety of our product range.

All Checkmate systems must only be installed by Checkmate personal or an approved installer. Strict training is given and we reccomend awritten exam is completed before full certification can be given to installers or users. (EC type examination for Directive 89/686/EEC by SGS United Kingdom Ltd, Unit 202b. Worle Parkway, Weston Super-Mare, Somerset BS22 6WA

4.2 Legislation and Standards

The CheckRig PBH5 harness has been designed to meet the requirements of EN361:2002, EN 813:2002 & EN358:1999 and the AS/NZS 1891.1.

For clarification on any certification issues contact Checkmate or SGS.

4.3 Exclusions

Checkmate holds global product liability cover for your safety.

Checkmate will **NOT** however be responsible for;

a)users who are out of the scope of any written manuals of training given,

b)any systems that have NOT been inspected under the current legislation,

c)operators who do not use load limiting PPE,

d)harnesses that have been damaged by misuse,

e)any use when the Max weight in Kg has been exceeded,

f)harnesses that have NO serial number markings, and the manufacturers name, Checkmate Safety LLP, is not visible.

Anchorages, Rescue, Compatibility & Warnings!

Section 5.0

Anchorages

The supervisor must ensure that there are sufficiently strong and accessible anchorage points in the working environment to ensure that all personnel can work safely.

All anchorage point should be inspected regularly to assure that they are robust and strong enough to withstand an impact load of 15kN.
Anchorages should be above head height when possible and the area beneath and around these anchorage point should be clear of obstruction and sharp edges.

The wearer of the harness should attempt to attach to an anchorage that is as close to the point of work and as high above head height as possible without restricting free movement. The wearer should be aware at all time of which point of attachment they should use. If this is not immediate obvious they should seek confirmation from the supervisor.

Always ensure that the means of attachment to the anchorage is secure before moving off.

Rescue and Risk Assessment

Suitable planning and risk assessment should be carried out by the user and or a supervisor. A suitable rescue plan should be in place to minimise post fall suspension time. Checkmate can offer a complete range of rescue equipment to suit your requirements.

Compatibility

This Harness is only suitable for use as described in the manual for fall protection when used in conjunction with a means of tie off that limits forces upon the harness and the anchorage to 6kN.

The harness is recommended for use with the following products:

FAB-	Fall Arrest Block
RL-	Retractable Lanyard
SAL-	Shock Absorbing Lanyards
PAL-	Pro Absorber Lanyard
ARG-	Auto Rope Grab
PED-	Personal Evacuation Devices
MRW-	Man Riding Winches

If in doubt contact your approved Checkmate agent for further details.

Warnings! Read and understand manufacturers instructions before inspection, installation or use of this product.
Do Not use if you weigh more than 150kg
Only use approved equipment with Harness
If there are any points in this manual that you are unsure of seek a competent, trained person to advise you before using.
Seek medical advice from a doctor before using this product if, you have sustained a spinal injury, suffer from a neck or back complaint, or you are taking prescription medication
Never use if you are under the influence of alcohol or recreational drugs.
Extra care should be taken if welding whilst using this product, protect the harness from splatter and heat at all times.

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Record Card

Section 6.0

SERIAL NO:

DATE:

PRODUCT CODE:

USER:

DATE	CONDITION OF HARNESS	INSPECTED BY

Approved installer & service company:

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